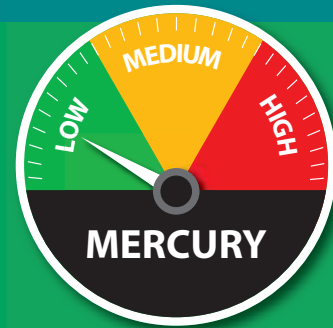


Eat Fish Safely

San Joaquin River

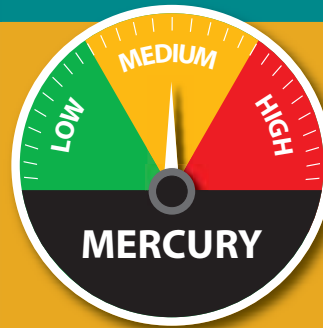


Eat More

Women 18–45
Children 1–17

2 servings a week

OR



Eat Less

Women 18–45
Children 1–17

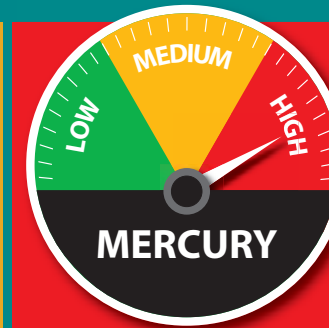
1 serving a week

OR

Men age 18+
Women age 46+

2 servings a week

OR



Women 18–45
Children 1–17

Do NOT Eat

Men age 18+
Women age 46+

1 serving a week OR
Striped bass —
2 servings a week



Bluegill or
other sunfish



Steelhead trout



American shad



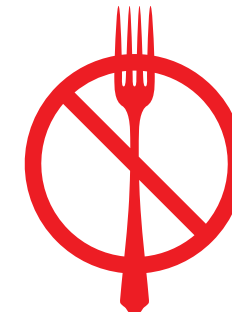
Carp



Catfish



Sucker



Bass



Striped bass



White sturgeon

Some fish have high levels of mercury which can harm the brain, especially in unborn babies and children.



SACRAMENTO - SAN JOAQUIN
DELTA CONSERVANCY
A California State Agency



Learn more at www.oehha.ca.gov/fish

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